



# Prime Time News

## October 2016

Fitchburg Senior Center  
Volume VI Issue 10

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### Chair Massage



#### W/ Gary

Come meet our new  
massage therapist, Gary  
Kuyzinski, on Oct. 5 at  
10:00 a.m.

Gary starts chair massages  
this month! See page 8  
for more details, pricing  
and registering!

### ENCORE ENTREPRENEURSHIP-The Retiree Rebels

October 19, 6:30-8:00 p.m. Dining Room

Are you an entrepreneur?

Do you have big dreams you always wanted to try?

Join **Carol Larson** and **Mary Helen Conroy** at a town hall meeting as they do a Skype Podcast with Michael Kennedy, Pres./Lead Coach of "Your Future Reimagined".

Followed by discussion and questions.

Registration recommended - call 608-270-4290

### Beginning Genealogy—Thursday, Oct. 20 at 6:30 p.m.

Interested in researching your family history, but don't know how to start? The Fitchburg Library and Senior Center are teaming up to offer an overview of genealogy. This will include a walk through some popular genealogy websites. Bring along your basic family history and a laptop or tablet for hands-on experience, or just follow along!

This program will be held in the Tech Lab at the Senior Center.

Class is limited to first 15 students.

To register for this FREE program, contact Liz Zimdars at 608-729-1791 or [elizabeth.zimdars@fitchburgwi.gov](mailto:elizabeth.zimdars@fitchburgwi.gov).



### Flu Shots W/ Hometown Pharmacy

Mark your calendars for an easy in & out flu shot on Friday, October 28 from 9:00—11:00 a.m. in the lower level of the Senior Center. Vaccination is \$30 for injection (out-of-pocket) or Medicare B/Medicaid accepted as payment. You will need to present your card. Intranasal available, but not recommended for people over the age of 49.

# New Offerings For You!

P.2

## Core Class

Class is intended to maintain and improve strength, balance and posture. There will be a focus on core strength and weight-bearing exercises for upper and lower body. Participants must be able to get up and down from the floor for mat exercises.

Thursdays / 9:00-9:45 a.m.  
4 weeks / Oct 27-Nov 17 Cost: \$25

## Zumba Gold

**\*Moving to Thursdays\***

Thursdays/ 10:00-10:45 a.m.  
8 weeks/ Oct 27- Dec 22 (no class Thanksgiving day) Cost: \$50

**Call 270-4290 to register and make payment.**



## IN-PERSON ABSENTEE VOTING HOURS

**At Fitchburg City Hall**

**NOVEMBER 8, 2016 GENERAL ELECTION**

October 3-21 / Weekdays only 8:00 a.m.-4:30 p.m.

October 24-28 / 8:00 a.m.-6:00 p.m.

October 29 / Saturday 9:00 a.m.-1:00 p.m.

October 31- November 3 / 8:00 a.m.-7:00 p.m.

November 4 / 8:00 a.m.-5:00 p.m.

Have questions? Call the Clerks office at 270-4200.



## **Introduction to Ukulele**

Mondays, Oct. 3-31 from 1:00-2:30 p.m.

Requires your own ukulele and tuner as you must practice outside of class to be successful. We will have a limited number of ukuleles/tuners available for take home use. You will be asked to sign an agreement to replace the uke, tuner and/or case if damaged or lost. Ukes are loaned out on first come/first served basis and need to be returned at the last class.

Goal is to learn 16 basic chords and three strumming patterns. Each week will include new chords and songs; increasing in difficulty throughout the month. Judy Christie, leader of the Fitchburg Ukulele Network, will guide class. Cost is \$10 to cover materials. Payment due upon sign up. Contact the Senior Center to register, 270-4290. For questions call Judy at 608-514-3274.



## Learning Annex Presents **History of the Badger Army Ammunition Plant** Tuesday, October 18 at 2:00 p.m.

Meet Verlyn Mueller, Archivist of the Badger History Group, who work to preserve the history of the Badger Ammunition Plant. The plant was built on the terminal moraine and outwash plain of the glacier that stopped here about 12,000 years ago known as the Sauk Prairie. Named for the Sauk Indians that had a village of 90 homes where Sauk City is located today. It is located about 30 miles northwest of Madison between highway 12 and the Wisconsin River.

The Badger History Group works to assure that the history of the prairie, the people and the story of the Badger Army Ammunition Plant are preserved. The group also operates the Museum of Badger Army Ammunition which is also located at the site of the former plant.

## **Bridge Lessons W/ Mary Olsky**

Doubles- Basics to Gadgets

October 11, 18, and 25

9:30 to 11:30 a.m.

Cost \$25. Make payment to the Fitchburg Senior Center





# Groups

## Men's Group

Join us for our next meeting on

**Tuesday, October 11 at 2:00 p.m.**

For more info log on to:

[www.fitchburgseniorcenter.com](http://www.fitchburgseniorcenter.com)

and click on Men's Group on the left side.

# Tech W/ David

## Apple iPad—What You Need To Learn!

Wednesday, October 26 at 10:30 a.m.

Jeremy Crosby and staff from the City F.A.C.T. Channel are back with some great new stuff to teach you about the Apple iPad. This is a can't-miss class. If you don't have an iPad, this class is a perfect start to see if it's worth your money.

Please call 270-4290 to register for this FREE but limited space class.

**Active Women's Group** Join us for our next meeting on



**Tues., Oct. 25 at 2:00 p.m.**

Social Hour from 1:00-2:00 p.m. before meeting.

For more info log on to:

[www.fitchburgseniorcenter.com](http://www.fitchburgseniorcenter.com)

and click on Active Women's Group.

*Dine Out*

## Couples Dinner Group

October 18 we will be going to Freiburg Gastropub on 2616 Monroe St. Any couple who would like to join us should e-mail Bev Davis at

[bevbdavis@aol.com](mailto:bevbdavis@aol.com) or call 608-467-3990.

## Find us on Facebook



### SENIORS DIG TECH

Contact: David Hill (608)270-4292  
[david.hill@fitchburgwi.gov](mailto:david.hill@fitchburgwi.gov)

Get the latest updates on tech trends that apply to you!  
Missed one of David's tech classes? You can find it in full replay on this page!

## Our New U.W. Student Intern!

Hi! I'm Katie, the new intern. I will be here fall through spring. I am a senior at UW Madison in the Social Work program. I am from Wisconsin and my parents live in Ixonia, but I am new to the area since I started school. I'd love to learn more about Fitchburg, so please feel free to come talk to me any time. My desk is behind the reception desk. I will be at the Senior Center 11am-4pm on Mondays, Wednesdays, and Fridays. I look forward to getting to know you all!



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# Art

# Savings

## Drawing & Painting Workshop



Relaxed, fun, supportive class setting where you will learn as you work with other Artists. One-on-one instruction and support is given on technique and composition.

- Work on the project of your choice with your supplies.
- Work in a 2-D medium that is non-toxic and odorless. Examples are: pencil, colored pencil, oil pastel, and water-based paint like watercolor, gouache, or acrylic.

Tuesdays - Oct. 11,18, Nov. 1,8,15,29, & Dec. 6,13  
from 1:00- 4:00 p.m.

Registration and payments to Fitchburg Senior Center. Call 270-4290 or stop by.

Five-Eight classes are \$15.00 each.  
Individual classes are \$20.00 each.

## Medicare Part D Open Enrollment

Open enrollment for 2017 Medicare Part D plans is October 15 - December 7, 2016. This is the time when Medicare beneficiaries who are enrolled in Part D plans can review their plan to determine if it will still be the most cost-effective in 2017. Because insurance companies can change their premiums, deductibles and co-pays, switching to a different plan often results in extra money in your pocket!

Another way to save money on prescription drugs is the Extra Help program. Extra Help reduces your drug costs by decreasing premiums, deductibles and co-pays for medications based on your income and assets. If you are single and your income is less than \$1,485 per month, and your assets are below \$13,640 you may qualify for Extra Help.

For help with Medicare Part D and/or the Extra Help program, call the Fitchburg Senior Center at 270-4290 and ask to speak with a Social Worker.

## Cards With Katie

Join us for an afternoon of paper crafting on **Monday, October 10 at 1:00 p.m.** Stamp - cut - punch - glue - and have fun playing with paper. For more details go to [www.StampLadyKatie.com](http://www.StampLadyKatie.com) or log on to the Senior Center webpage.

Cost \$11.50.

Payment due to the Senior Center one week prior to class. You must call 270-4290 to register.



## Are Home Energy Costs Putting the Squeeze on You?

The Home Energy Plus Program (Energy Assistance) may be able to help. If your income is \$6,544 or below for a household of one, or \$8,557 for two then you may qualify.

Staff from the Home Energy Plus program will be at the Fitchburg Senior Center on **Tuesday, October 18 and Tuesday, November 15** to help you apply. Appointments are necessary and can be made by calling 1-800-506-5596.

### 2 EYEZ 4 PAWZ

**Pet Sitting & Dog Walking Service**

**Tara Howard /Owner**

**608-279-3330**

**katz.dawgz54@gmail.com**

**www.2eyez4pawz.net**





# Book Clubs



**REACH Book Club** will meet on October 13 at 1:30 p.m. at the Senior Center with a discussion of the book, *The Language of Flowers* by Vanessa Diffenbaugh. *The Language of Flowers* is the story of an unforgettable woman, Victoria Jones, whose gift for flowers helps her change the lives of others. Now eighteen and emancipated from the system, Victoria has nowhere to go and sleeps in a public park. She struggles to overcome her own troubled past as she plants a small garden. Soon a local florist discovers her talents, and Victoria realizes she has a gift for helping others through the flowers she chooses for them. A mysterious vendor at the flower market has her questioning what's been missing in her life. She is forced to confront a painful secret from her past and she must decide whether it's worth risking everything for a second chance at happiness.

**November:** *All Girl Filling Station's Last Reunion* by Fannie Flagg

**December:** *Gift from the Sea* by Anne Morrow Lindbergh (Classic)

**January:** *In the Lake of the Woods* by Tim O'Brien

REACH Book Club meets the 2nd Thursday of each month, September thru June at the *Fitchburg Senior Center* at 1:30 p.m.

**Mystery Book Club** The *I Love a Mystery Book Club* will meet on **Thurs, Oct. 27 at 1:30 p.m.** at the *Fitchburg Senior Center*. (the 4th Thursday). We will discuss the book, *Murphy's Law* by Rhys Bowen. Spirited red-head Molly Murphy was growing up a peasant on the coast of Ireland. She always imagined there was something more in store for her, but she couldn't have known how right she was until the day she became a murderer, albeit in self-defense. Under drastic circumstances, Molly is forced to strike out into a new world.

## Historical Society Presents:

Ann Pryor

Sunday, November 6 at 1:30 p.m. at the Library  
"Food traditions in our neighborhood"



## AARP Driver Safety

Monday, October 24 from 12:00–4:30 p.m.  
Call 270-4290 to register early! ***Make checks payable to AARP.***

Check with your insurance agent to see if you qualify for a discount. Member \$15 / Non-member \$20. Bring member card & license.

## FREE Hearing Screenings



Connect Hearing is providing FREE 15- minute screenings. To make your appointment, call 270-4290.

Wednesday, Oct. 19 from 9:00 a.m.–12:00 p.m.

**FITCHBURG CENTER FARMERS MARKET**  
www.fitchburgmarket.com

**SPECIAL EVENTS 2016**  
Strawberry Fest ♦ June 16  
Kids Fest ♦ July 21  
Summer Fest ♦ August 18  
Fall Fest ♦ September 15

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# Games/Movies/Travel

## Drop-In Activities!!!!

Dominos—2nd & 4th Mon. @ 1:00 p.m.

Social Bridge—Mon. @ 10:00 a.m.

Cross Stitch—Thurs. @ 8:30 a.m.

Euchre—1st & 3rd Tues. @ 12:45 p.m.

Mahjong—1st Tues. @ 1:00 p.m.

Bingo—Thurs. @ 12:30 p.m.

Sheepshead—Thur. @ 1:00 p.m.

Scrabble—Fri. @ 2:00 p.m.

Ping Pong—Fri. 9:00 a.m.

Bunko—Wed. @1:00 p.m.

Open Art—3rd Mon. @ 1:00 p.m.

Cribbage—looking for players—call.

## Missed the Travel Show??

Be sure to take a look at the brochures available for all six tours offered in 2017!!

Brochures are located on the ground level across from the Receptionist desk



Questions? Call Judy Broad

at 271-9077 or e-mail jbst@Charter.net

## \$20 Blackout Bingo!! Oct. 13

Special sponsor:

The Waterford



Fitchburg Police serving lunch!!!

\$20 jackpot!

Game begins promptly at 12:30 p.m.

## Movie Day— Hunt for the Wilderpeople

This is a special film screening in partnership with the Wisconsin Film Festival. Brought to you by the Fitchburg Library & Senior Center. Trailer for the film can be found here: <https://www.youtube.com/watch?v=n8Xvsjy57X0>

Join us Friday, October 21 at 1:00 p.m.

## Bucky Book Swap

Thursday,

Oct. 20 at 8:30 a.m.

Trade Coupons! Join Us!



# Exercise Opportunities

P.7

**Ping Pong** Friday — 9:00 a.m. Drop-in.  
Play in matches, it's fun!  
Call David at 270-4292 for more details.

## Yoga W/ Kurt—Fall Session II

Oct. 31—Dec. 12. \$49—Seven weeks

Level I 10:45 a.m.—12:00 p.m.

Level II: 9:15—10:30 a.m.

Call 270-4290. Payment due upon signup.

**Easy Yoga Plus** - Poses can be done sitting or standing. Mats and props provided. 6 weeks. \$52. Tuesdays 9-9:45am. October 18– Nov 29. No class Thanksgiving week.

## Pickle Ball

Every Tuesday. Advanced Play 8:30-10:30 a.m.  
Beg./Inter. 10:30 a.m.—12:30 p.m. Open play  
1:00-3:00 p.m. in the upper level.

Thursday **Outdoor play** at the Swan Creek or  
McGaw tennis courts. 9:00—11:00 a.m.



## **Aerobics With Diane Fronek**

Diane teaches Mondays and Wednesdays at 9:45 a.m.; Fridays at 8:30 a.m. is Diane on video. Class focuses on cardio, strength, and flexibility. Cost is \$20 per month.

## **Functional Fitness**

Monday, Wednesday and Friday from 11:00-11:30 a.m. Class is chair-based and focuses on strength, range of motion and balance. Cost is \$10 per month.



Tai Chi

## **Tai Chi Thursdays**

8:30 a.m.

Cost—\$2 drop-in.

## **Zumba Gold w/ Jackie**

Next session starts Oct. 28 for eight weeks. \$50/drop-in \$7. 10:00-10:45 a.m. Call 270-4290 to register.



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# Transportation Services P.8

**Meals**—\$1 round-trip. Transportation provided to and from the Senior Center by Transit Solutions. Call the Senior Ctr. at 270-4290 to schedule a ride. Please indicate if wheelchair lift is needed.

**Shopping**—\$3.00 round-trip. Provided by Transit Solutions for general and grocery shopping on Tuesdays and Fridays. Call the Senior Center to schedule a ride. Check calendar for trip destinations.

**Medical Appointments**—Cost is a donation. Transportation provided by RSVP volunteer drivers. Call the Senior Center at 270-4290 **at least 5 business days in advance** to schedule a ride.

**Shuttle Service**—This service is used for medical ride requests that require wheelchair transport. Requested donation is \$10 round-trip. Call 270-4290 **3 business days in advance** to schedule a ride. Subsidy for this transportation is provided by FSC Friends.

## Health, Help & Renewal

### Footcare/Fingernail—

Home Health United. Offered 2nd & 4th Wednesday & 4th Monday. Cost is \$20 & \$10. Call the Center for an appointment.

Must provide  
2 towels.

### Pre and Diabetic Footcare

**October 21**

The cost of this clinic is \$28. Please call 270-4290 to schedule an appointment.

### Blood Pressure

Ruth Mueller, R.N. B.S. Offered at no charge the third Thursday of each month  
10:30-11:30 a.m.  
No appt. needed.

### Massage Therapy

June Newman  
LMT,NCTMB.  
Mon./Thurs.  
Afternoons

### Massage/Reflexology

Gregory Newman  
LMT,NCTMB.  
Wed. Afternoons

### Massage

Denny Ginko  
Call for  
dates/times

### Cost:

\$30 for 30 min.  
\$50 for 60 min.  
\$70 for 90 min.

Cancellations must be made 24 hrs in advance to avoid being charged.

Call 270-4290

## Social Services

### Senior Center Help

- ♦ Home visits
- ♦ Three Month Loan Closet
- ♦ Meals on Wheels
- ♦ Home Health
- ♦ Insurance
- ♦ Medicare/Part D
- ♦ Medicaid
- ♦ Call Amy Jordan or Sarah Folkers at 270-4290 today!

### Chair Massage W/ Gary Kuzynski

1st & 3rd Wednesday mornings  
beginning 10/5.  
15 minutes = \$11  
30 minutes—\$22

Call 270-4290 to register.

**NEW!**

### Caregiver Support

If you are caring for a loved one with dementia, you are not alone.  
Join us on Thursday, Oct. 13 at 10:00 a.m.





## Class Registration/Payment

Class: \_\_\_\_\_

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City & Zip: \_\_\_\_\_

Phone: \_\_\_\_\_

Email: \_\_\_\_\_

Cash: \_\_\_\_\_

Check: \_\_\_\_\_

**Program Cancellation Policy:** Class payments must be received seven days prior to the start of class.

Certain classes require a minimum attendance. If your cancellation puts the class attendance under the minimum, a refund may not be possible.

**2017 Newsletters will no longer be mailed out. If you would like a hardcopy of the newsletter, please stop by the Senior Center. Also, you can obtain the newsletter by visiting our website:**

**[www.fitchburgwi.gov/621/Senior-Center](http://www.fitchburgwi.gov/621/Senior-Center)**



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Thank you to the following Friends Board of Directors members whose terms are up the end of September, 2016:

**Joanne Danielson**

**Mary DeVaal**

**Sherry Klinkner**

**Sue Sheets**

Welcome new members of the Friends Board of Directors who begin serving October, 2016:

**Lindy Bass**

**Marcia Griskavich**

**Sharon Trimborn**

**Rob Waterman**

Thank you to all who came to the Ice Cream Social over Labor Day weekend at Eplegaarden to support the Friends by donating to the “scholarships for senior programs.” We are also grateful to those who supported Grandparents Day on September 11. Thanks also go to Betty Forest and Ramia Aburomia for their support of our fundraising efforts and the volunteers who served the ice cream and snacks at the events.

We appreciate all those who attended the “Meet, Greet and Eat” on September 22. We hope you enjoyed the socialization and refreshments, and that you learned some things about what the Fitchburg Senior Center has to offer. Congratulations to those who won prizes!

FSCF has received a donation of some high-quality leather items for sale at very reasonable prices for our seniors and their families. These items include men's wallets, women's handbags, and much more. These could be great gifts for family & friends for Christmas & other special occasions, with ease of shopping in our facility vs going to department stores. Proceeds will support funding special needs at our Senior Center. Please watch for announcement of exact dates when these items will be available.

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David Hill, Assistant Director  
Mandi Miller, Nutrition Site  
Mgr/Volunteer Manager  
Amy Jordan, Social Worker  
Sarah Folkers, Social Worker  
Susan Hoerchner, Office Asst.



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Estate Planning and Administration  
Elder Law and Special Needs Planning





Senior Dining



Fellowship, Food & Fun

Monday 3	Tuesday 4	Wednesday 5	Thursday 6	Friday 7
Sloppy Joe on Bun Broccoli Coleslaw Fruit Cup Ice Cream <b>VO-Soy BBQ</b>	Turkey Roast Mashed Potato Gravy Carrots Diced Peaches W.W. Bread Cookie <b>VO- Veggie Lasagna</b>	Stuffed Green Pepper Soup Turkey & Cheese on Rye Lettuce/Tomato Fresh Fruit Cake <b>VO- Cheese Sandwich</b>	*Ham Slice Yams. Green Beans Banana Multi Grain Bread <b>VO- Veggie Meat Balls</b>	Baked Fish Rice Pilaf California Blend Mandarin Oranges W.W. Bread Jello w/Topping <b>VO- Rice Pilaf w/Soy</b>
Monday 10	Tuesday 11	Wednesday 12	Thursday 13	Friday 14
Hamburger w/ Lettuce/Onion Corn Pineapple Blueberry Pie <b>VO-Veggie Patty</b>	Meat Spaghetti w/ Parmesan Mixed Greens Salad Pear Slices Garlic Bread. <b>VO-Soy Meat Sauce</b>	Salisbury Steak Brown Rice Brussel Sprouts Fruit Cocktail Rye Bread Cookie <b>VO- Veggie Salisbury</b>	Potato Beef Casserole Carrots Apple Juice W.W. Bread Bar <b>VO-Soy Casserole</b>	Pizza Casserole Italian Green Beans Grape Juice Croissant Strawberry Short Cake <b>VO- Soy Casserole</b>
Monday 17	Tuesday 18	Wednesday 19	Thursday 20	Friday 21
*Brat/Bun Baked Beans Chunky Applesauce Cookie <b>VO-Veggie Dogs</b>	Chicken Cacciatore Brussel Sprouts Diced Peaches Multi Grain Bread Sherbet <b>VO-Soy Meat Sauce</b>	Roast Beef/Gravy Red Potato Roasted Veggies Jell-O w/Pear Slices Multi Grain Bread <b>VO-Veggie Patty</b>	*Augratin Potatoes w/Diced Ham Mixed Vegetables Apple Rye Bread Ice Cream <b>VO-Augratin w/Soy</b>	Baked Chicken Cheesy Potatoes Root Vegetables Ambrosia Salad Bread Banana Cream Pie <b>V.O: Cheesy Soy</b>
Monday 24	Tuesday 25	Wednesday 26	Thursday 27	Friday 28
Tomato Barley Soup Crackers Hot *Ham & Swiss Croissant Apricots Bar <b>VO- Cheese Sandwich</b>	*Roast Pork &Gravy Mashed Potatoes Corn Fruit Cocktail W.W. Bread Pudding w/Topping <b>VO-Veggie Patty</b>	Three Cheese Lasagna California Mix Fresh Fruit Mix Bread Stick Sherbet	Swiss Steak Rice Green Salad Orange W.W. Bread Cookie <b>VO-Swiss Soy</b>	*BBQ Ribs on Bone Mac & Cheese Smoked Ham Flavored Greens Ambrosia Salad W.W. Bread Halloween Cookie <b>VO-Veggie Ribblet</b>
Monday 31	<b>Thursday Salad Option</b> (Salads are dine-in only) 6 <sup>th</sup> - Garden 13 <sup>th</sup> -Chicken Ranch 20 <sup>th</sup> - Chef 27 <sup>th</sup> - Taco *Meal has pork product *Reservations <u>must</u> be made by <u>12:00 the day before</u> by calling 270-4290* Meals provided by: DANE COUNTY CONSOLIDATED FOOD SERVICES DIVISION			
Meat Spaghetti Peas Banana Garlic Bread Parmesan Cheese <b>VO-Soy Meat Sauce</b>				

# October 2016

## Senior Center Activity Calendar

Monday	Tuesday	Wednesday	Thursday	Friday																																																																																				
3	4	5	6	7																																																																																				
8:30 AM Aerobics 9:00 AM Yarn Group 9:45 AM Aerobics 10:00 AM Bridge 11:00 AM F-Fitness 1:00 PM Open Art	8:30 AM Pickleball 8:30 AM Quilters 9:30 AM Shop-Walmart 12:45 PM Euchre 1:00 PM Mahjong	8:30 AM Aerobics 9:45 AM Aerobics 11:00 AM F-Fitness 1:00 PM Bunko 1:00 PM Singers	8:30 AM Cross Stitch 8:30 AM Tai Chi 10:00 AM FSC Friends 12:30 PM Bingo!! 1:00 PM Sheepshead	8:30 AM Aerobics 9:00 AM Ping Pong <u>10:00 AM Shop-Copps</u> 10:00 AM Zumba 11:00 AM F-Fitness 2:00 PM Scrabble																																																																																				
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